**Diabetes Mellitus**

Diabetes Mellitus is a chronic disorder caused by the inability to produce insulin, and metabolize carbohydrates, fats, and proteins. The cause of most cases are unknown but seem to be linked genetically.

Symptoms and Signs

* Excessiv**e** thirst/ urination
* Dry skin
* Unexplained and unusual tiredness
* Fruity smell of breath an urine
* Low blood sugar; sweating, shaky, increased heartbeat

Diagnosis:

Laboratory tests are needed for a correct diagnosis

* + Blood insulin level
  + Presence of glucose and acetone in urine

Treatments:

* Oral medications
* Injections of medication, such as insulin
* To help control the disease: 
* Monitor diet carefully, reduce intake of carbohydrates and sugars
* Exercise regularly and attempt to maintain a healthy weight
* Monitor blood sugar levels as advise
* Practice good hygiene and take extra good care of your feet